

Good Health

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Kick start *your diet* **TODAY!**

Plus Your easy meal planner

*Georgie
Parker*
"I NEED TO
STAY ACTIVE"

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food upgrades

GET MORE FOR YOUR MOUTHFUL WITH THESE SMART FOOD SWAPS

If you have the same food staples on constant rotation, it may be time for a change. "The healthiest diet is one where you include a large variety of unprocessed, fresh foods," says Sue Radd, dietitian and director of the Nutrition and Wellbeing Clinic. "This increases exposure to a wider range of nutrients, and minimises exposure to anything in food that might be harmful, like pesticides."



Swap COUSCOUS FOR QUINOA

"Nutritionally, quinoa has a lot more going for it than couscous," says Radd. Quinoa, a nutty-tasting ancient grain, is higher in protein and fibre and has a lower GI rating for sustained energy. Added bonus: because it looks similar to couscous, it's easy to substitute in recipes.

Swap STRAWBERRIES FOR RASPBERRIES

Substituting strawberries for raspberries in your smoothie will give you about twice as much fibre and ellagic acid – a phytonutrient with anti-viral, antibacterial and anti-cancer properties. "Ellagic acid works in two ways to help prevent cancer – by causing cancerous cells to self-destruct, and by enhancing enzymes which transport nasties out of the body," explains Radd.



Swap BROWN ONIONS FOR RED ONIONS

Generally, the more intense the colour and flavour of plant foods, the more phytonutrients, so it's no surprise red onions contain more of the super flavanol quercetin.

As well as protecting against heart disease and cancer, quercetin may help reduce allergy symptoms by 'dampening down' allergic reactions.

Swap CARROTS FOR SWEET POTATOES

Sweet potatoes have nearly double the free-radical fighting antioxidant beta-carotene as carrots, and are a good source of vitamin C, iron, fibre and the trace mineral manganese, essential for strong bones. "They are also a key part of the traditional Okinawan diet, consumed by one of the world's longest living people," notes Radd.

Swap ORANGES FOR PAPAYA

If you're after an immune boost, papaya could be the best choice, delivering three to four times the vitamin C of oranges per serve. It's also a richer source of beta-cryptoxanthin, which can be converted by the body into vitamin A for healthy skin and eyes.

